



Kentucky Prenatal Nutrition Guide

First Trimester

1-14 weeks



1st trimester

2nd trimester

3rd trimester

NUTRITION

Eating for a Healthy Baby

Good nutrition does not just happen, you need to plan what you eat. Good nutrition is important for growing a healthy baby. Choose foods from the five food groups listed in the Food Guide Pyramid—grains (breads and cereals), vegetables, fruits, milk and meats (includes peanut butter, eggs and dried beans). Foods such as chips, soft drinks, fruit drinks, Kool-Aid™, cakes, pies and cookies offer little nutrition to you and your baby. Remember to take your prenatal vitamin each day.



Weight Gain in Pregnancy

Never try to lose weight during pregnancy. Women that are of average weight need to gain a total of about 25-35 pounds. If you are underweight, you may need to gain more. If you are overweight, you still need to gain weight for your baby's health, about 15-25 pounds. If you are having more than one baby, you should gain about 35-45 pounds during your pregnancy. In the first trimester only a small weight gain (2 to 4 pounds) may occur. Most of the weight will be gained in the second and third trimesters. Remember, pregnancy is never the time to diet! Your healthcare provider will talk with you about how much weight to gain.



YOUR BABY'S HEALTH

Tobacco, Alcohol and Drugs

A healthy baby is the one whose mother does not use tobacco, drugs or alcohol. All these things reach the growing baby. While pregnant, any tobacco use can keep your baby from developing normally. Alcohol (beer, wine, wine coolers or liquor) can damage your baby's brain and body. Since no one knows how much alcohol is harmful, it is best not to drink at all. Do not take any drugs unless your doctor tells you to. Drugs can also hurt your baby. Alcohol, tobacco and most drugs (except those approved by a doctor who knows you are pregnant) should not be used.

Caffeine

Pregnant women need to limit caffeine intake to avoid possible harm to their baby. It is suggested that you limit your intake of caffeine-containing beverages, such as coffee, tea and soft drinks, to no more than twelve (12) ounces each day.



Artificial Sweeteners

Aspartame (Nutrasweet™), saccharin (Sweet 'N Low™), sucralose (Splenda™) or acesulfame potassium (Acesulfame K™) are artificial sweeteners found in products such as sugar-free foods. The effects of these sweeteners on the unborn baby are unknown. Pregnant women are advised to limit their intake of these sweeteners.



COMMON DISCOMFORTS OF PREGNANCY

Most pregnant women have some discomforts during pregnancy. Here are some simple things you can do that may make your pregnancy more comfortable.

MORNING SICKNESS: Lie down when you feel sick. Try eating dry crackers, toast, cereal or gingersnaps before getting out of bed in the morning. Drink liquids between meals. Eat small frequent meals. Limit spicy, greasy or fried foods. Get plenty of fresh air and exercise. Strong smells and odors may trigger morning sickness.

TIREDDNESS: During the first trimester, you may feel very tired and want to sleep more.

HEARTBURN: Eat 5-6 small meals a day. Limit spicy, greasy or fried foods. Drink fluids before or after meals. Reduce the amount of liquids with meals. Chew your food well and avoid eating too fast. Wait at least 2 hours after a meal before lying down.

CONSTIPATION: Increase foods that are high in fiber, such as raw fruits and vegetables, whole grain breads and cereals, dried beans and peas. Increase liquids, especially water. Regular physical activity such as walking may help.

PHYSICAL ACTIVITY

Being pregnant does not mean you must stop your normal activities. If you are used to strenuous activity or an aerobic program, discuss this with your doctor first. Walking is a good way to be active and enjoy the fresh air.

BREASTFEEDING

- Best food for your baby
- Most nutritious
- Provides protection from illnesses including ear infections and diarrhea
- Easier to digest
- More convenient
- Less expensive
- Creates a special closeness



ASK YOUR HEALTHCARE PROVIDER IF YOU HAVE OTHER HEALTH QUESTIONS.



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